



## Low Cal, Low Carb Soup Recipe



SERVES 8

Prep Time: 10 Minutes | Total Time: 40 Minutes

### INGREDIENTS

- 8 oz mushrooms, diced
- 1 tsp paprika
- 1 tsp fennel seed
- 1/2 tsp pepper flakes
- 1/2 tsp Italian seasoning
- 1 tbsp Better than Boullion
- 1/2 cup green beans, chopped
- 1/2 cup celery, diced
- 1 cup tomatoes, diced
- 1/2 cup carrots, sliced
- 1/2 cup bell peppers, diced
- 3 tbsp tomato paste
- 1/2 cup zucchini, sliced
- 1 cup cabbage, chopped
- 1 cup broccoli florets
- 8 cups water
- 2 garlic cloves, crushed

### DIRECTIONS

1. Spray the bottom of a large pot with non-stick cooking spray. Add mushrooms and all of the spices except garlic then heat on medium. Mix well and cook mushrooms until they are cooked through (about 5-7 minutes).
2. Add in the rest of the vegetables, tomato paste, Better than Boullion, and water. Turn stove up to medium-high, mix well, and bring to a boil. Turn down, simmer 20 minutes.
3. Add crushed garlic. Mix well and simmer 5 more minutes. Bon appetite!

(You can freeze this soup and reheat it on the stove or in the microwave.)